

Self-Care Brainstorm

Have a cup of coffee or some other drink you enjoy with a friend (or by yourself).

Call someone

Write a letter of appreciation

Listen to music

Take a walk in nature

Yoga

Go to bed early

Drink water

Pray or meditate

Soak in the tub

Get a massage

Foot soak

Slather on some lotion

Take a nap

Dance when no one is watching

Take an electronics break

Enjoy a healthy snack

Go to the gym

Manicure

Pedicure

